

THE THIRD ANNUAL LOS ANGELES COUNTY SUICIDE PREVENTION SUMMIT

By James Cunningham, Ph.D., LACDMH Clinical Program Head

Now in its third year, the Suicide Prevention Summit, offered in collaboration with Didi Hirsch Suicide Prevention Center and CalMHSA, has arranged to bring to Los Angeles two nationally recognized experts in the field of suicide prevention on Tuesday, September 10, 2013, which has been designated as World Suicide Prevention Day. The theme of this year's conference is Risk Assessment and Safety Planning. This year's summit will take place at the California Endowment in downtown Los Angeles.

Suicide remains an ongoing tragedy. In Los Angeles County alone, there were 767 suicides and 3,898 hospitalizations in 2011. The lack of effective screening and identification of persons at risk are obstacles to effective prevention. Kelly Posner, Ph.D., Founder and Principal Investigator of the Center for Suicide Risk Assessment at Columbia University, will present on the Columbia Suicide Severity Rating Scale (C-SSRS), an innovative screening tool that can significantly impact care delivery and resource allocation. The C-SSRS has demonstrated the ability to predict suicidal behavior and provide guidance for next steps. The C-SSRS has been adopted or recommended by numerous national and international agencies including the FDA, CDC, WHO, The Joint Commission and U.S. Department of Education, and has been adopted by numerous states, countries and branches of the military.

The afternoon will be devoted to Safety Planning Intervention (SPI) with Barbara Stanley, Ph.D. Dr. Stanley is a Professor of Clinical Psychology at Columbia University, author of more than 150 publications and serves as editor-in-chief of the *Archives of Suicide Research*. The SPI provides concrete strategies to those who are experiencing suicidal ideation to help decrease the risk of suicidal behavior. This brief intervention is done in a collaborative manner between the treatment provider and patient, and takes about 30 minutes to complete. The implementation of the SPI is appropriate in almost all therapeutic environments (i.e. EDs, inpatient units, outpatient settings) and has been shown to promote treatment engagement and retention. During this presentation, each step of the safety plan will be discussed and the best approaches to use with suicidal individuals when completing the safety plan will be reviewed.

For more details regarding the Suicide Prevention Summit, [CLICK HERE](#) to download the summit registration form or please contact:
suicideprevention@dmh.lacounty.gov